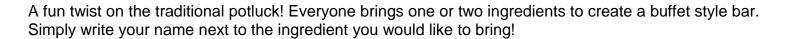
## **Do-It-Yourself Trail Mix Bar**





HEARTY GRAINS	CRUNCHY ADD-INS	FRUITY ADDITIONS
Cheerios:	Almonds:	Dried Cranberries:
Wheat Chex:	Peanuts:	Raisins:
Rice Chex:		
Popcorn:	Walnuts:	Dried Apricots:
Mini Pretzels:	Pecans:	Dried Apple Chunks:
Whole Grain Crackers:		
Other:	Sunflower Seeds:	
	Other:	BEVERAGES
		Water:
		Fruit Infused Water:
		Unsweetened Iced Tea:
		Tea and Hot Water:
		Coffee:
		Other:



